



Healthy Arkansas

For a Better State of Health

Healthy Arkansas Fact Sheet

What is Healthy Arkansas?

- Governor Mike Huckabee launched Healthy Arkansas in May 2004, after successfully losing more than 110 lbs. and realizing how unhealthy Arkansas was compared to other states.
- Healthy Arkansas is a program aimed at improving the health of Arkansans through lifestyle changes. The program focuses on three primary areas: physical activity, nutrition and tobacco use.

Who is Healthy Arkansas?

- The Arkansas Department of Health and Human Services and the Governor's Office have teamed up to provide Arkansans with helpful information on staying active, eating healthy and quitting smoking.
- Other agencies, organizations and programs involved in Healthy Arkansas include: Arkansas Department of Education, Stamp Out Smoking (SOS) Program, Healthy Baby, the Arkansas Center for Health Improvement (ACHI), Eli Lilly and Company and Gerber Foods Company.

Healthy Arkansas Information

- Healthy Arkansas provides useful tools, links and information on their website at www.arkansas.gov/ha.
- The Healthy Arkansas Restaurant Award was established in March 2005 to identify those restaurants that provide healthy eating choices and healthy environments.
- Healthy Arkansas maintains a database of community programs and walking trails, located on the Healthy Arkansas website (<http://www.arkansas.gov/ha>). Arkansans can search for free or low-cost health programs, activities and facilities in their community.
- Healthy Arkansas informational brochures are available by calling 1-800-235-0002. Brochures on diabetes, obesity, physical activity, tobacco use, worksite wellness and BMI are all available online as well. Visit www.arkansas.gov/ha and click on the "Materials" button.
- *Healthy Arkansas Better State of Health Guidebook* was introduced September 2005. The guidebook provides useful health information for Arkansans of all ages and includes a list of county by county community resources. Guidebooks are free and available by calling 1-800-235-0002 or by ordering your copy online at www.arkansas.gov/ha.